



Dynamic Hugs



1/2 Kneel Ankle

Dynamic Running Warm-Up

Perform each for 30 seconds each at a rate of 1 stretch/2 seconds or 15 stretches over a 30 second period

This warmup will help improve running efficiency and speed

Warming up for 10 minutes may reduce injury risk by 50%.



Lunges



Butt Kicks



Hamstring Stretch



Carioca



Squats